

Pregnancy Resources at Creighton University

Post-Abortion Hope and Healing Services

Pregnancy Resources for Creighton Students

Counseling for Student Parents, Counseling services is also available for confidential counseling and support for parenting students. Contact: Dr. Michael Kelley, Director of Counseling Services, or make an appointment by calling 280-2733.

Housing for Parenting Students, 280-3900; Residential life currently offers housing for single mothers in Heider Hall. Career services also has information on babysitter options. Contact: Ms. Jackie Lawrence, Housing Assignments Coordinator.

Childcare for Parenting Students, 280-2460; The Russell Child Development Center provides child care for the Creighton community. Contact: Connie Shonka, Director

Financial Aid for Parenting Students, 280-2731; Financial Aid is committed to helping parenting students complete their education, including financing options based on eligibility and enrollment status. Contact: Robert Walker, Director, Financial Aid.

Diaper-Changing Station, Creighton University currently offers one diaper-changing station on the lowest level of the Skutt Student Center in the unisex bathroom. Breast-feeding rooms (lactation stations) are also available in the dental school (contact Paula Sortino), law school (contact Karen Dixon), the hospital (499-4500) and HLS 185 (contact Teresa Affleck).

Spiritual Direction/Support, 280-2591; Campus Ministry offers a warm and caring reception to pregnant students. Contact: Laura Weber, Director, Campus Ministry.

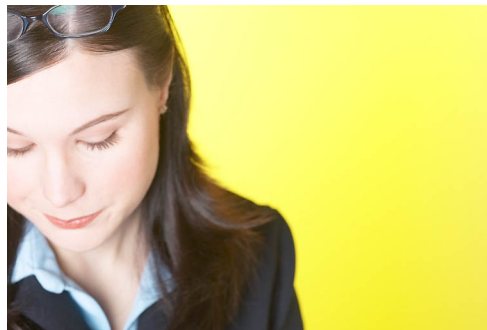
General Support, Creighton Students for Life is committed to supporting parenting students with a baby shower, baby goods and fellowship. Contact the club president by visiting www.creighton.edu/csfl.

Many women experience abortion as a traumatic and painful experience, in psychological as well as spiritual ways. The services below offer hope and healing care after abortion.

Rachel's Vineyard, (402) 871-4812; Weekend retreats, and follow up monthly gatherings. Retreats are offered in Omaha and Lincoln, contact: Heather.

Project Rachel, (800) 964-3787 (local); A network of professional counselors and priests, all trained to provide one-on-one spiritual and psychological care for those who are suffering because of an abortion; an outreach of the Catholic Church. Contact: Greg Schleppenbach.

Catholic Charities, (402) 554-0520; 3300 N 60th St., Post-abortion and post-adoption counseling is available. Call for details.



You have options!

You have options!

You have options!

The Creighton community is aware of the special needs of pregnant students. If you have found or think that you are pregnant, Creighton is committed to providing you with real options. This brochure is the result of an effort to put the pregnancy resources available to a Creighton student in an accessible guide. Throughout your pregnancy and after, we are here to support you.



- Health services
- Counseling
- Housing
- Child Care
- Financial Aid
- Diaper-Changing Station
- Spiritual Support
- General Support

Health Services, 280-2735; Student Health Services offers confidential pregnancy tests, individualized counseling, and references to other support services. Creighton tuition includes care at the Health Center. Contact: Debra Saure, Director, Student Health Services.

Pregnancy Resources Off-Campus

Maternity Services

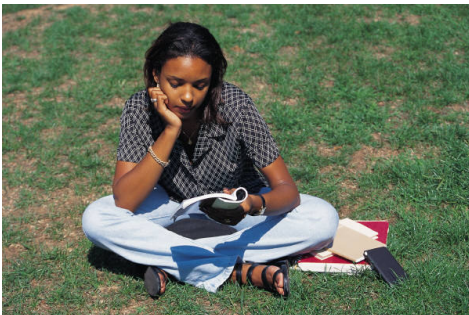
The following centers assist women facing an unplanned pregnancy and offer free pregnancy tests, counseling, material and emotional support, medical care, educational programs, housing, support groups, substance abuse treatment and referrals.

***Creighton University Women's Health Center,** 4th Floor CUMC., 280-4410. CUMC provides great doctors and nurses near Creighton's campus. Free pregnancy, baby and parenting magazines are available at each visit, and a gift set is given after delivery.

***EPS Essential Pregnancy Services** 6220 Maple St., 554-1000. EPS offers free pregnancy tests, sonograms, baby boutique, and professional counseling. EPS provides many education opportunities and an environment for women in your situation.

***A Woman's Touch Pregnancy Counseling** 908 W Mission Ave. Bellevue, 933-2988. A Woman's Touch offers free pregnancy tests, sonograms, baby boutique, maternal assistance and no-hassle counseling.

***Educare of Omaha** - this program is just north of the University. It provides child care for low income families on subsidy. They have an excellent program with lots of educated staff who really work with parents. Call for more information at 898-1783.



***The Nurturing Network** 1-800-TNN-4MOM. Nationwide resources available to vulnerable pregnant women ; particularly specialized to meet the needs of students and career women (ages 18 & over): Nurturing homes, medical care, employment, university contacts, professional counselors and emotional support.

***Child Saving Institute,** 115 S. 46th St., 553-6000. Child Saving Institute offers daycare, adoption counseling and parenting classes. Visit them online at www.childsaving.org

***Omaha Healthy Start,** 2201 N 30th St., 455-BABY (2229). Omaha Healthy Start offers pregnancy tests, counseling, choice of crib, car seat, or stroller after delivery. Healthy Start offers in-home visits and monthly check-ups on baby development and on mother's mental well being. It also offers gifts through pregnancy and babies first year, and offers community programs and speakers.

***VNA Visiting Nurses Association,** 1941 S 42nd St., Suite 225, 930-4222. VNA offers child birth education classes, car seat after four weeks of child birth class, in-home visits for child and mother, monthly information and testing of developmental milestones for baby, and information and education on breastfeeding.

***Nebraska Health and Human Services,** 3737 Lake St., 595-3400. HHS offers employment first option, Medicaid for mother and child, food stamps, ADC money, heat aid and Title XX-child care for single parents.

***WIC Women, Infants and Children** 6th fl. CUMC, (across from CUMC Pediatrics) 449-5494. WIC offers nutritional counseling for pregnant women, breastfeeding women, women, infants and children. WIC offers a monthly check for food necessities like milk, eggs, cheese, juice, beans/peanut butter, adult cereal, formula, and infant cereal.

***Edward Zorinsky's Child Development Center, Bright Horizon's** 106 S 15th St., 346-5810. This center accepts title 20, has the same credentials as Creighton's Daycare and is still close to campus. Takes infants at six weeks old.

***Women's Care Center for the Heartland,** 2301 S 15th St., 502-9224. This is a home for women with problem pregnancies. Offers private rooms in a safe environment, and parenting and prenatal care classes. www.womenscch.org

***Council Bluffs Help,** (712) 322-2100. Offers free pregnancy tests, open Mon & Fri 10AM-12 noon, Wed 4-6PM, Tu & Thu 6-8PM.

***Gabriel's Corner,** 131 S 16th St., Council Bluffs, (712) 323-7756. Offers free pregnancy tests and counseling.

***Catholic Charities,** 3360 N 60th St. (402) 554-0520. Offers adoption services, individual, marriage and family counseling.

***Nebraskans United for Life,** 143 S 38th St. 399-0299. NUFL offers free pregnancy tests, an educational office, library, brochures, newsletters and audio-visuals.

***Nebraska Aids Project Hotline,** 139 S. 40th St. 552-9255 or (800) 782-2437. Offers free, anonymous HIV/Aids Tests. Open Mon-Fri 9-5 or Mon & Th 7-9PM.

***Sexually Transmitted Disease Clinic,** 5050 Ames Ave. Walk-ins only. Mon, Tues, Thurs 5-6:30PM. Fri 2-3:30PM. 4102 Woolworth Ave. For appt only 444-7750. Mon Noon-8PM, Sat 8AM-Noon.

***Agape Pregnancy Care,** Norfolk (402) 371-6725.

***Lincoln Crisis Pregnancy Center,** (402) 457-2501.

***Birthright,** Nationwide (800) 550-4900.



You have options!

You have options!